

ALERT - EPI Update, November 6, 2015 - ALERT
Center for Acute Disease Epidemiology (CADE)
Iowa Department of Public Health (IDPH)

Third Dose of MMR Recommended for University of Iowa Students

Since July, more than 100 cases of mumps have occurred at the University of Iowa and the numbers have been increasing in recent weeks. Cases are primarily occurring in undergraduate students.

The Iowa Department of Public Health, the University of Iowa (UI), and Johnson County Public Health, are recommending that University of Iowa students, less than 25 years of age, receive a third (or "booster") dose of mumps vaccine (MMR vaccine).

Unfortunately, immunity from the mumps vaccines (that most students had received prior to starting kindergarten) can wane after 10-15 years allowing outbreak to occur. Students under 25 living in close quarters such as dorms, apartments, fraternities and sororities, and those who participate in group activities such as athletics, band, and social events, are at highest risk.

In outbreak situations, a third dose of MMR can be used to stop illness and to halt disease spread. It is important that as many students as possible receive a third dose of the MMR vaccine in the next two weeks before Thanksgiving break.

Multiple large vaccination clinics will be held on the UI Campus over the next two weeks, and third doses of MMR vaccine will be given, free of charge, to all students meeting the vaccination criteria. For more information about the vaccination clinics, visit: studenthealth.uiowa.edu.

While mumps can cause fever and painful, swollen glands and can cause students to miss many days of classes, there is also the possibility of serious long term complications such as deafness and testicular swelling, which can result in sterility. Both of those complications have already occurred in students.

There is no current recommendation that UI students 25 and older, faculty or staff receive a third MMR dose. UI students 25 and older, faculty and staff may contact their health care providers with any questions or concerns.

Mumps is a reportable disease in Iowa. When mumps is reported to IDPH, the Department works with local public health and affected entities to investigate and control the spread of this virus. For more information about mumps on the University of Iowa campus, visit: studenthealth.uiowa.edu, and for information about mumps in Johnson County, visit: www.johnson-county.com/health. For general information about mumps, visit: idph.iowa.gov/ehi/mumps or www.cdc.gov/mumps/index.html.